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WELCOME TO THE POWERLIFTING PROGRAM

THIS PROGRAM IS DESIGNED TO HELP YOU BUILD STRENGTH WHILE HITTING THE NECESSARY AMOUNT OF ACCESSORY WORK TO HELP YOU STAY HEALTHY, BUILD MUSCLE, AND GET THE BEST OF BOTH WORLDS.

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IN THIS PROGRAM, WE WILL BE FOCUSING ON YOUR:

BENCH SQUAT DEADLIFT

Each day will have specific focus on executing those 3 compound movements with the accompanying workout following the compound movements focusing primarily on **accessory movements**™ that compliment whatever compound movement was done for that day.

1. These accessory exercises (or bodybuilding movements) are meant to help lagging areas on the physique and support overall health.

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LET'S FACE IT.
WHO WOULDN'T WANT TO BE STRONG AND SWOLE?

THINGS TO KNOW BEFORE STARTING THE PROGRAM

1. This program is pretty straight-forward. I understand this might be the first time some of y'all have done a program so here are some things that will hopefully help make the program readable and easier to comprehend. The heavy compound movement of this program is based off a percentage of your 1 rep max. It is ***paramount*** that you know your 1 rep max on bench, squat and deadlift if you want to get the most out of this program. If the program says you must squat 90%, this means you should multiply your squat max by .90; that total is the number you will be working with for the day.

2. Let's talk about some of the verbiage in this program. You will see words like supersets, trisets, AMRAP, drop sets and many more. I'll provide an explanation of each word on the next page so there's no confusion moving forward.

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“THE POWERBUILDING PROGRAM” DICTIONARY

1. **Superset** - Immediately after completing one exercise, follow up with a separate complimentary exercise without taking rest in-between. In the program, it’ll state “superset” so complete the next movement right after you finish your set on the previous exercise.

2. **Triset** - Three different exercises performed in succession without any rest in between. This borrows the same concept as the superset however it is three exercises instead of two.

3. **AMRAP** (Until Failure) - **A**s **M**any **R**eps **A**s **P**ossible. On any exercises that ask for an AMRAP, you should try to keep repping the weights with proper form until you can no longer complete the exercises with proper form or reach **complete** muscle failure.

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“THE POWERBUILDING PROGRAM” DICTIONARY

4. **Drop Set** - Perform an exercise and then reduce (drop) the weight and continue to perform more reps until you reach muscle failure. For example, you might be asked to perform incline bench. You’ll start off with 100lbs for as many reps as possible, then reduce the weight to 80lbs and do as many reps as possible, drop to 60lbs for as many reps as possible, so on and so forth.

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HEAVY COMPOUND MOVEMENTS

I advise you to take your time when it comes to bench, squat and deadlifts. The goal here is to be as efficient as possible. That means ***relax, find your bearings, and make sure you are well rested for each set.*** If you need a time frame to adhere to, I would recommend 3-5 minutes is the sweet spot for most people. Do not stress yourself if you do not have the time or do not want to wait that long.
Everyone's level of fitness is different so your time may vary.

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BODYBUILDING MOVEMENTS

This part of the workout is completely different from the before mentioned **Heavy Compound Movements.** This part of the plan is more straight-forward and can be done more quickly. The goal here is to be efficient. Taking your time during this part will cause you to lose your flow and pump so i encourage you to try to keep your rest time to a minimum. 45 to 90 seconds is usually a good resting time frame to adhere to.

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KEEPING TRACK OF YOUR PROGRESS

2. This program is best done when on a bulking diet; being in a surplus allows you to maximize your potential to get stronger. **There is nothing wrong with doing this while trying to cut or lose weight though.** Just be mindful that this may affect your overall abilities to hit the numbers you should be able to hit on the percentage side of things for the heavy compound movements.

3. Take pictures of your physique before starting the program and then take pictures after to see the differences your body will undergo while on this program! Send these pictures to **russwole@gmail.com** and have **"TRANSFORMATION!"** as your subject line to get featured on Instagram!

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DAY ONE

COMPOUND MOVEMENT

SQUAT 3X8 - 75% OF YOUR 1RM

PAUSED SQUAT 3X3 - 55% OF YOUR 1RM

BODYBUILDING MOVEMENTS

DUMBBELL RDL - 4X12

LEG PRESS - 4X10

LEG EXTENSIONS - 3X15

HAMSTRING CURLS - 3X15

GOBLET SQUATS - 4X8

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENT

BENCH 3X8 - 75% OF YOUR 1RM

INCLINE BENCH 3X10 - 50-55% OF YOUR 1RM

BODYBUILDING MOVEMENTS

INCLINE DUMBBELL BENCH - 4X10

WEIGHTED DIPS - 4X12 **(BODYWEIGHT IS OKAY)**

MACHINE CHEST FLY - 3X12

EZ BAR SKULLCRUSHER - 4X15

STRAIGHT BAR PUSHDOWNS - 3XFAILURE

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DAY THREE

COMPOUND MOVEMENT

DEADLIFT 3X6 - 77.5% OF YOUR 1RM

DEFICIT DEADLIFTS 2X8 - 50% OF YOUR 1RM

BODYBUILDING MOVEMENTS

BARBELL ROW - 4X8

CABLE ROW - 3X12

HAMMER STRENGTH ROW - 4X8

WIDE GRIP PULLDOWNS - 3X12

ALTERNATING BICEP CURLS - 3XFAILURE

ROPE HAMMER CURLS - 2XFAILURE

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DAY FOUR

COMPOUND MOVEMENT

BENCH 3X4 - 75-80% OF YOUR 1RM

BODYBUILDING MOVEMENTS

STANDING OHP - 3X5 **(40% OF 1RM ON BENCH)**

SUPERSET: ARNOLD PRESS - 4X10

LATERAL RAISES - 4X8

CABLE UPRIGHT ROWS - 3X12

REAR DELT FLY - 4X10

SUPERSET: 45LB PLATE RAISE - 3X15

CABLE LATERAL RAISE - 3X8

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DAY FIVE

COMPOUND MOVEMENT

SQUAT 3X4 - 72.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

DUMBBELL LUNGES - 4X12 **(EACH LEG)**

ROMANIAN DEADLIFT - 4X8

LEG EXTENSION HOLD - 4X6 **(5 SECOND HOLD)**

WEIGHTED STEP UPS - 3X12

SINGLE LEG SQUATS - 4X15 **(FOOT UP ON BENCH)**

HYPER EXTENSIONS - 3X12

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DAY SIX

BODYBUILDING MOVEMENTS

FLAT DUMBBELL BENCH - 4X10
V-BAR PULLUPS - 4X8
INCLINE DUMBBELL FLY - 3X8
CLOSE GRIP PULLDOWN - 4X12
T-BAR ROW - 3X10
HAMMER STRENGTH PRESS - 4X8
DUMBBELL INCLINE SEAL ROW - 4X10
INCLINE ALTERNATING DUMBBELL CURL - 4X12

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WEEK TWO

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DAY ONE

COMPOUND MOVEMENTS

SQUAT 3X8 - 77.5% OF YOUR 1RM

PAUSED SQUATS 3X4 - 55% OF YOUR 1RM

BODYBUILDING MOVEMENTS

LEG PRESS - 3XFAILURE **(3 DROPSETS)**

LEG EXTENSIONS - 4X12

HAMSTRING CURLS - 3X15

DUMBBELL ROMANIAN DEADLIFT - 3X12

HACK SQUATS - 4X8-10

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 3X8 - 75-77.5% OF YOUR 1RM

INCLINE BENCH 3X10 - 50-55% OF YOUR 1RM

BODYBUILDING MOVEMENTS

DUMBBELL SHOULDER PRESS - 3X10 **(3 DROPSETS)**

FULL FRONTAL RAISES - 4X12

SEATED LATERAL RAISES - 3X12

REVERSE GRIP DB PRESS - 4X10 **(PALMS TO FACE)**

FACE PULLS - 4X12

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DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 3X6 - 77.5-80% OF YOUR 1RM

DEFICIT DEADLIFT 3X7 - 50% OF YOUR 1RM

BODYBUILDING MOVEMENTS

WIDE GRIP PULLDOWNS - 3X15

LANDMINE ROWS - 4X12 **(SINGLE ARM)**

INVERTED ROW - 3XFAILURE **(BODYWEIGHT)**

EZ BAR CURLS - 4X10

SPIDER CURLS - 3X12

CONCENTRATION CURLS - 4X8

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 3X4 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

WEIGHTED DIPS - 3X12

MACHINE CHEST PRESS - 4X10

PUSHUPS - 4X12

SEATED FRENCH CURL - 4X8

CABLE TRICEP EXTENSION - 3X12 **(SINGLE ARM)**

CABLE CHEST FLY - 4X12

REVERSE GRIP TRICEP EXTENSION - 3XFAILURE

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DAY FIVE

COMPOUND MOVEMENTS

SQUAT 4X4 - 72.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

DUMBBELL RDL - 4X12
LEG PRESS - 4X10
LEG EXTENSIONS - 3X15
HAMSTRING CURLS - 3X15
GOBLET SQUATS - 4X8
CALF RAISES - 3X20

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DAY SIX

BODYBUILDING MOVEMENTS

DROP SET: INCLINE DUMBBELL PRESS - 3XFAILURE
DUMBBELL ROW - 4X10
MACHINE ROW - 4X10
SUPERSET: DUMBBELL INCLINE CHEST FLY - 4X8
DUMBBELL INCLINE SEAL ROW - 4X8
PULLUPS - 3XFAILURE
ROPE HAMMER CURLS - 3XFAILURE
EZ BAR SKULLCRUSHER - 3XFAILURE

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DAY ONE

COMPOUND MOVEMENT

SQUAT 1X1 - 85% OF YOUR 1RM

SQUAT 3X6 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

DUMBBELL RDL - 4X12

LEG PRESS - 4X10

LEG EXTENSIONS - 3X15

HAMSTRING CURLS - 3X15

GOBLET SQUATS - 4X8

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENT

BENCH 1X1 - 85% OF YOUR 1RM

BENCH 3X6 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

INCLINE DUMBBELL BENCH - 4X10

WEIGHTED DIPS - 4X12 **(BODYWEIGHT IS OKAY)**

MACHINE CHEST FLY - 3X12

EZ BAR SKULLCRUSHERS - 4X15

STRAIGHT BAR PUSHDOWNS - 3XFAILURE

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DAY THREE

COMPOUND MOVEMENT

DEADLIFT 1X1 - 85% OF YOUR 1RM

DEADLIFT 3X5 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

BARBELL ROW - 4X8

CABLE ROW - 3X12

HAMMER STRENGTH ROW - 4X8

WIDE GRIP PULLDOWNS - 3X12

ALTERNATING BICEP CURLS - 3XFAILURE

ROPE HAMMER CURL - 2XFAILURE

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DAY FOUR

COMPOUND MOVEMENT

BENCH 3X5 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

STANDING OHP - 3X5 **(40% OF 1RM ON BENCH)**

SUPERSET: ARNOLD PRESS - 4X10

LATERAL RAISES - 4X8

CABLE UPRIGHT ROWS - 3X12

REAR DELT FLY - 4X10

SUPERSET: 45 PLATE RAISE - 3X15

CABLE LATERAL RAISE - 3X8

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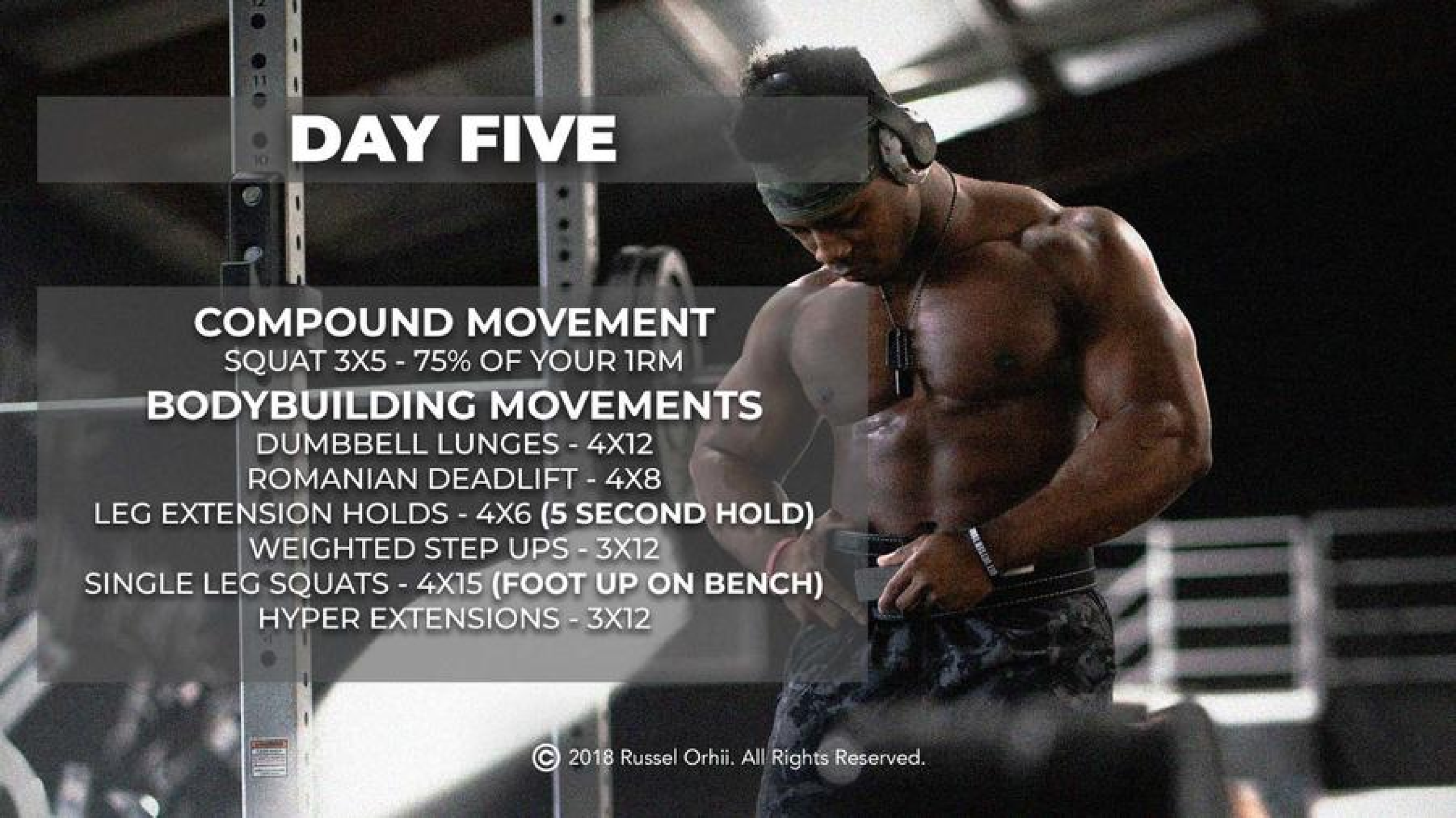

DAY FIVE

COMPOUND MOVEMENT

SQUAT 3X5 - 75% OF YOUR 1RM

BODYBUILDING MOVEMENTS

DUMBBELL LUNGES - 4X12

ROMANIAN DEADLIFT - 4X8

LEG EXTENSION HOLDS - 4X6 **(5 SECOND HOLD)**

WEIGHTED STEP UPS - 3X12

SINGLE LEG SQUATS - 4X15 **(FOOT UP ON BENCH)**

HYPER EXTENSIONS - 3X12

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DAY SIX

BODYBUILDING MOVEMENTS

SUPERSET: FLAT DB BENCH - 4X10
V-BAR PULLUPS - 4X8
SUPERSET: INCLINE DB FLY - 3X8
CLOSE GRIP PULLDOWN - 4X12
T-BAR ROW - 3X10
HAMMER STRENGTH PRESS - 4X8
DB INCLINE SEAL ROW - 4X10
INCLINE ALTERNATION DB CURL - 4X12

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WEEK FOUR

DAY ONE

COMPOUND MOVEMENTS

SQUAT 1X1 - 87.5% OF YOUR 1RM

SQUAT 3X6 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

LEG PRESS - 3XFAILURE **(3 DROPSETS)**

LEG EXTENSIONS - 4X12

HAMSTRING CURLS - 3X15

DUMBBELL ROMANIAN DEADLIFT - 3X12

HACK SQUATS - 4X8-10

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 1X1 - 85% OF YOUR 1RM

BENCH 3X6 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

DB SHOULDER PRESS - 3X10 **(3 DROPSETS)**

FULL FRONTAL RAISES - 4X12

SEATED LATERAL RAISES - 3X12

REVERSE GRIP DB PRESS - 4X10 **(PALMS TO FACE)**

FACE PULLS 4X12

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DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 1X1 - 85-88% OF YOUR 1RM

DEADLIFT 3X5 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

WIDE GRIP PULLDOWNS - 3X15

LANDMINE ROWS - 4X12 **(SINGLE ARM)**

INVERTED ROW - 3XFAILURE **(BODYWEIGHT)**

EZ BAR CURLS - 4X10

SPIDER CURLS - 3X12

CONCENTRATION CURLS - 4X8

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 4X5 - 75-77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

WEIGHTED DIPS - 3X12

SUPERSET: MACHINE CHEST PRESS - 4X10

PUSHUPS - 4X12

SEATED FRENCH CURLS - 4X8

CABLE TRICEP EXTENSIONS - 3X12 **(SINGLE ARM)**

CABLE CHEST FLY - 4X12

REVERSE GRIP TRICEP EXTENSION - 3XFAILURE

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DAY FIVE

COMPOUND MOVEMENTS

SQUAT 4X5 - 75% OF YOUR 1RM

BODYBUILDING MOVEMENTS

DUMBBELL RDL - 4X12

LEG PRESS - 4X10

LEG EXTENSIONS - 3X15

HAMSTRING CURLS - 3X15

GOBLET SQUATS - 4X8

CALF RAISES - 3X20

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DAY SIX

BODYBUILDING MOVEMENTS

DROPSET: INCLINE DB PRESS - 3XFAILURE
DUMBBELL ROW - 4X10
MACHINE ROW - 4X10
SUPERSET: DB INCLINE CHEST FLY - 4X8
DB INCLINE SEAL ROW - 4X8
PULLUPS - 3XFAILURE
ROPE HAMMER CURLS - 3XFAILURE
EZ BAR SKULLCRUSHERS - 3XFAILURE

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WEEK FIVE

DAY ONE

COMPOUND MOVEMENTS

SQUAT 1X1 - 90% OF YOUR 1RM
SQUAT 3X5 - 80% OF YOUR 1RM

BODYBUILDING MOVEMENTS

ROMANIAN DEADLIFT - 3X10
HAMSTRING CURLS - 3X12
DUMBBELL RDL - 4X10
LEG EXTENSIONS - 3XFAILURE
WEIGHTED LUNGES - 5X10 **(EACH LEG)**
CALF RAISES - 3X20

DAY TWO

COMPOUND MOVEMENTS

BENCH 1X1 - 87.5% OF YOUR 1RM

BENCH 3X5 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

SUPERSET: MACHINE CHEST PRESS - 4X10

PLATE RAISES - 4X12

SUPERSET: ARNOLD PRESS - 4X8

PUSHUPS - 4X12

LATERAL RAISES - 3X15

DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 1X1 - 88% OF YOUR 1RM
DEADLIFT 4X5 - 77.5% OF YOUR 1RM

BODYBUILDING MOVEMENTS

CABLE ROW - 4X12
INVERTED ROW - 3XFAILURE
MACHINE ROW - 4X8
V-BAR PULLUP - 3XFAILURE
CABLE PULLOVER - 3X15
ROPE HAMMER CURL - 2XFAILURE

DAY FOUR

COMPOUND MOVEMENTS

BENCH 4X5 - 70% OF YOUR 1RM

BODYBUILDING MOVEMENTS

STANDING OHP - 4X5 **(40% OF BENCH 1RM)**

SEATED DB PRESS - 3X8 **(SINGLE ARM)**

LATERAL RAISES - 4X8 **(SINGLE ARM)**

MACHINE REAR DELT FLY - 3X15

CABLE UPRIGHT ROW - 4X8

CABLE LATERAL RAISES - 3X10

DAY FIVE

COMPOUND MOVEMENTS

SQUAT 4X5 - 70% OF YOUR 1RM

BODYBUILDING MOVEMENTS

LEG EXTENSIONS - 1XFAILURE

LEG PRESS - 4X10

DUMBBELL RDL - 4X8

HAMSTRING CURLS - 4X12

CALF RAISES - 3X20

DAY SIX

BODYBUILDING MOVEMENTS

MACHINE FLY - 1XFAILURE **(PRE-EXAUSTION WORK)**
INCLINE DB PRESS - 3XFAILURE **(3 DROP SETS)**
CABLE PULLOVERS - 2XFAILURE
PENDLAY ROW - 4X10
SUPERSET: INCLINE MACHINE PRESS - 4X12
MACHINE ROW - 4X10
WEIGHTED PUSHUPS - 4X12 **(45LBS ON BACK)**
T-BAR ROW - 4X8

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DAY ONE

COMPOUND MOVEMENTS

SQUAT 1X1 - 92.5% OF 1RM

SQUAT 4X5 - 80% OF 1RM

BODYBUILDING MOVEMENTS

HAMSTRING CURL - 1XFAILURE **(PRE EXHAUSTION)**

DUMBBELL RDL - 4X10

GOBLET SQUATS - 4X8

WEIGHTED STEP UPS - 3X12 **(EACH LEG)**

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 1X1 - 90% OF 1RM

BENCH 4X5 - 77% OF 1RM

BODYBUILDING MOVEMENTS

CABLE LATERAL RAISES - 1XFAILURE

ARNOLD PRESS - 4X8

FACEPULLS - 3X12

REVERSE GRIP DUMBBELL PRESS - 4X8

CABLE UPRIGHT ROW - 3X12

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DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 1X1 - 90% OF 1RM

DEADLIFT 3X3 - 82-85% OF 1RM

BODYBUILDING MOVEMENTS

WIDE GRIP PULLDOWNS - 4X12

HIGH ROW MACHINE - 4X12

V-BAR PULLDOWNS - 3X10

STRAIGHT BAR PULLOVER - 4X8

ALTERNATING DUMBBELL CURLS - 4X10

DUMBBELL HAMMER CURLS - 3X12

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 4X5 - 70% OF 1RM

BODYBUILDING MOVEMENTS

CABLE TRICEP EXTENSION - 4X12 **(SINGLE ARM)**

INCLINE DUMBBELL PRESS - 4X12

T-BAR CHEST PRESS - 4X10

STRAIGHT BAR TRICEP EXTENSION - 3X15

BENCH DIPS - 3XFAILURE **(WEIGHTED)**

ROPE TRICEP EXTENSIONS - 3XFAILURE

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DAY SIX

BODYBUILDING MOVEMENTS

ROPE PULLDOWNS **(PRE EXHAUSTION)**
SUPER SET: UNDERHAND BARBELL ROW - 4X8
PUSHUPS - 4X12
PULLDOWNS - 4X12
INCLINE DUMBBELL PRESS - 4X10
INCLINE DUMBBELL SEAL ROW - 3X12
MACHINE CHEST PRESS - 3XFAILURE
DUMBBELL ROW - 4X8

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WEEK SEVEN

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DAY ONE

COMPOUND MOVEMENTS

SQUAT 4X3 - 82.5% OF 1RM

SQUAT 2X6 - 70% OF 1RM

BODYBUILDING MOVEMENTS

ROMANIAN DEADLIFT - 3X10

HAMSTRING CURLS - 3X12

DUMBBELL RDL - 4X10

LEG EXTENSIONS - 3XFAILURE

WEIGHTED LUNGES - 5X10 **(EACH LEG)**

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 4X3 - 77.5% OF 1RM

BENCH 3X7 - 70% OF 1RM

BODYBUILDING MOVEMENTS

SUPERSET: MACHINE CHEST PRESS - 4X10

PLATE RAISES - 4X12

SUPERSET: ARNOLD PRESS - 4X8

PUSHUPS - 4X12

LATERAL RAISES - 3X15

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DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 3X3 - 77.5% OF 1RM

DEFICIT DEADLIFT 2X6 - 50% OF 1RM

BODYBUILDING MOVEMENTS

CABLE ROW - 4X12

INVERTED ROW - 3XFAILURE

MACHINE ROW - 4X8

V-BAR PULLUP - 3XFAILURE

CABLE PULLOVER - 3X15

ROPE HAMMER CURL - 2XFAILURE

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 4X5 - 70% OF 1RM

BODYBUILDING MOVEMENTS

STANDING OHP - 4X5 **(40% OF BENCH 1RM)**

SEATED DUMBBELL PRESS - 3X8 **(SINGLE ARM)**

LATERAL RAISES - 4X8 **(SINGLE ARM)**

MACHINE REAR DELT FLY - 3X15

CABLE UPRIGHT ROW - 4X8

CABLE LATERAL RAISE - 3X10

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DAY FIVE

COMPOUND MOVEMENTS

SQUAT 3X5 - 70% OF 1RM

BODYBUILDING MOVEMENTS

LEG EXTENSIONS - 1XFAILURE

LEG PRESS - 4X10

DUMBBELL RDL - 4X8

HAMSTRING CURLS - 4X12

CALF RAISES - 3X20

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DAY SIX

BODYBUILDING MOVEMENTS

MACHINE FLY - 1XFAILURE **(PRE EXHAUSTION)**
INCLINE DB PRESS - 3XFAILURE **(3 DROP SETS)**
CABLE PULLOVER - 2XFAILURE **(PRE EXHAUSTION)**
PENDLAY ROW - 4X10
SUPERSET: INCLINE MACHINE PRESS - 4X12
MACHINE ROW - 4X10
WEIGHTED PUSHUPS - 4X12 **(45LBS ON BACK)**
T-BAR ROW - 4X8

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DAY ONE

COMPOUND MOVEMENTS

SQUAT 4X4 - 77.5 OF 1RM

BODYBUILDING MOVEMENTS

HAMSTRING CURL - 1XFAILURE **(PRE EXHAUSTION)**

DUMBBELL RDL - 4X10

GOBLET SQUATS - 4X8

WEIGHTED STEP UPS - 3X12 **(EACH LEG)**

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 4X3 - 75% OF 1RM

CLOSE GRIP BENCH 3X8 - 45% OF 1RM

BODYBUILDING MOVEMENTS

CABLE LATERAL RAISES - 1XFAILURE

ARNOLD PRESS - 4X8

FACEPULLS -3X12

REVERSE GRIP DUMBBELL PRESS - 4X8

CABLE UPRIGHT ROW - 3X12

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DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 3X3 - 77.5% OF 1RM

DEFICIT DEADLIFT 2X6 - 50% OF 1RM

BODYBUILDING MOVEMENTS

WIDE GRIP PULLDOWNS - 4X12

HIGH ROW MACHINE - 4X12

V-BAR PULLDOWNS - 3X10

STRAIGHT BAR PULLOVER - 4X8

ALTERNATING DUMBBELL CURLS - 4X10

DUMBBELL HAMMER CURLS - 3X10

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 4X5 - 70% OF 1RM

BODYBUILDING MOVEMENTS

CABLE TRICEP EXTENSIONS **(SINGLE ARM)**

INCLINE DUMBBELL PRESS - 4X12

T-BAR CHEST PRESS - 4X10

STRAIGHT BAR TRICEP EXTENSIONS - 3X15

BENCH DIPS - 3XFAILURE **(WEIGHTED)**

ROPE TRICEP EXTENSION - 3XFAILURE

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DAY FIVE

COMPOUND MOVEMENTS

SQUAT 3X6 - 70% OF 1RM

BODYBUILDING MOVEMENTS

ROMANIAN DEADLIFT - 3X10

DUMBBELL LUNGES - 4X12 **(EACH LEG)**

HAMSTRING CURLS - 3X15

HACK SQUATS - 3X8

CALF RAISES - 3X20

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DAY SIX

BODYBUILDING MOVEMENTS

ROPE PULLDOWNS - 1XFAILURE **(PRE EXHAUSTION)**
SUPERSET: UNDERHAND BARBELL ROW - 4X8
PUSHUPS - 4X12
PULLDOWNS - 4X12
INCLINE DUMBBELL PRESS - 4X10
INCLINE DUMBBELL SEAL ROW - 3X12
MACHINE CHEST PRESS - 3XFAILURE
DUMBBELL ROW - 4X8

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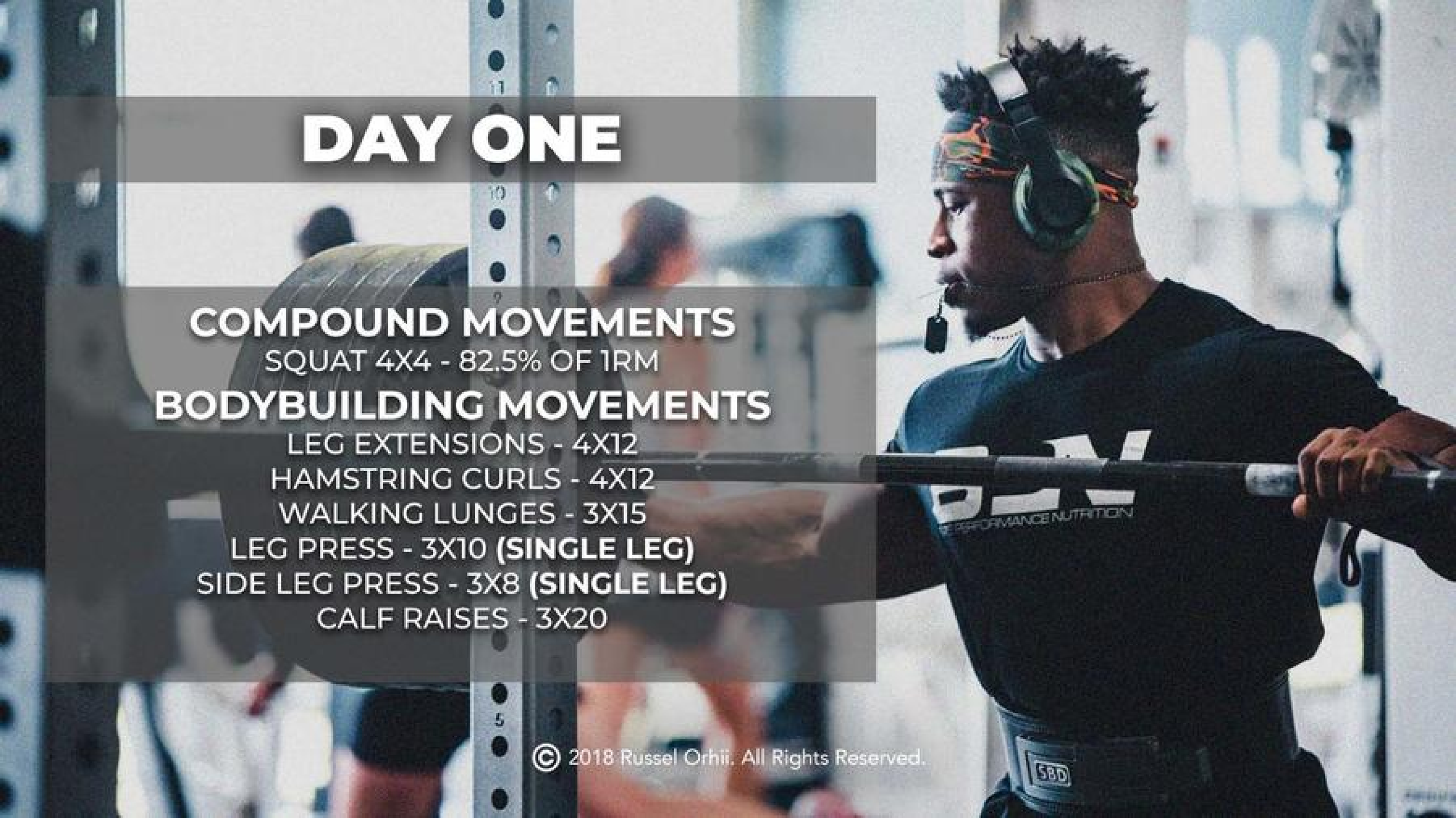

DAY ONE

COMPOUND MOVEMENTS

SQUAT 4X4 - 82.5% OF 1RM

BODYBUILDING MOVEMENTS

LEG EXTENSIONS - 4X12

HAMSTRING CURLS - 4X12

WALKING LUNGES - 3X15

LEG PRESS - 3X10 **(SINGLE LEG)**

SIDE LEG PRESS - 3X8 **(SINGLE LEG)**

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 4X4 - 82.5% OF 1RM

CLOSE GRIP BENCH 3X8 - 50% OF 1RM

BODYBUILDING MOVEMENTS

FLAT DB BENCH - 3XFAILURE (3 DROP SETS)

FRENCH CURL - 4X12

INCLINE DB CHEST FLY - 3X8

DIAMOND PUSHUPS - 4X12 (45LB PLATE ON BACK)

CABLE FLY - 2XFAILURE

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DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 4X4 - 82.5 OF 1RM

BODYBUILDING MOVEMENTS

V-BAR PULL UPS - 4X8

WIDE GRIP PULLDOWNS - 3X12

MACHINE HIGH ROW - 4X10

ROPE PULLOVERS - 3X12

STRAIGHT BAR CABLE CURLS - 4X10

INCLINE ALTERNATING DUMBBELL CURLS - 3X8

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 3X5 - 72.5% OF 1RM

BODYBUILDING MOVEMENTS

DB SHOULDER PRESS - 3XFAILURE (3 DROPSETS)

SUPERSET: ARNOLD PRESS - 4X8

LATERAL RAISES - 4X10

CABLE UPRIGHT ROW - 3X12

FACEPULLS - 4X12

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DAY FIVE

COMPOUND MOVEMENTS

SQUAT 3X8 - 55% OF 1RM

BODYBUILDING MOVEMENTS

ROMANIAN DEADLIFT - 3X10

DUMMBELL LUNGES - 4X12

HAMSTRING CURLS - 3X15

HACK SQUAT - 3X8

CALF RAISES - 3X20

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DAY SIX

COMPOUND MOVEMENTS

INCLINE BENCH 4X8 - 55% OF 1RM

BODYBUILDING MOVEMENTS

BARBELL ROWS - 4X8

SUPERSET: FLAT DUMBBELL BENCH - 3X12

DUMBBELL ROWS - 3X8

CABLE FLY - 4X10

CLOSE GRIP PULLDOWNS - 3X12

CABLE PULLDOWNS - 4X10 (SINGLE ARM)

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WEEK TEN
ROGUE
TITAN
SUPPORT SYSTEMS, INC.
SBD
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DAY ONE

COMPOUND MOVEMENTS

SQUAT 4X3 - 85% OF 1RM

BODYBUILDING MOVEMENTS

LEG EXTENSIONS - 1XFAILURE

LEG PRESS - 4X10

DUMBBELL RDL - 4X8

HAMSTRING CURLS - 4X12

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 4X3 - 85% OF 1RM

BODYBUILDING MOVEMENTS

DB SHOULDER PRESS - 3X10 (3 DROPSETS)
FULL FRONTAL RAISES - 4X12
SEATED LATERAL RAISES - 3X12
REVERSE GRIP DB PRESS - 4X10 (PALMS TO FACE)
FACE PULLS - 4X12

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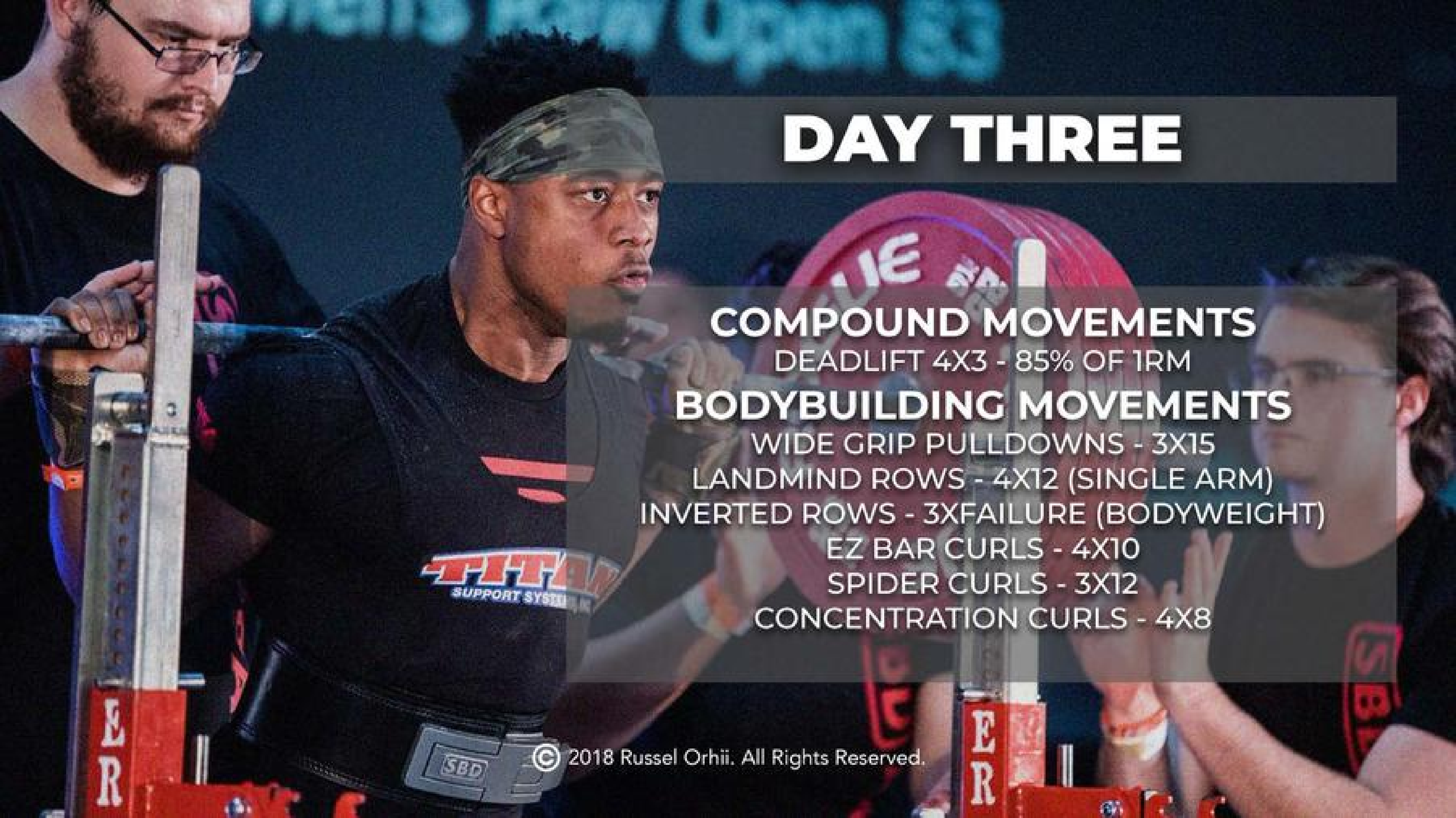

DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 4X3 - 85% OF 1RM

BODYBUILDING MOVEMENTS

WIDE GRIP PULLDOWNS - 3X15

LANDMIND ROWS - 4X12 (SINGLE ARM)

INVERTED ROWS - 3XFAILURE (BODYWEIGHT)

EZ BAR CURLS - 4X10

SPIDER CURLS - 3X12

CONCENTRATION CURLS - 4X8

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 3X6 - 70% OF 1RM

BODYBUILDING MOVEMENTS

WEIGHTED DIPS - 3X12

SUPERSET: MACHINE CHEST PRESS - 4X10

PUSHUPS - 4X12

SEATED FRENCH CURL - 4X8

CABLE TRICEP EXTENSIONS - 3X12 (SINGLE ARM)

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DAY FIVE

COMPOUND MOVEMENTS

SQUAT 3X5 - 55% OF 1RM

BODYBUILDING MOVEMENTS

DUMBBELL RDL - 4X12

LEG PRESS - 4X10

LEG EXTENSIONS - 3X15

HAMSTRING CURLS - 3X15

GOBLET SQUATS - 4X8

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DAY SIX

BODYBUILDING MOVEMENTS

MACHINE FLY - 1XFAILURE (PRE EXHAUSTION)
INCLINE DB PRESS - 3XFAILURE (3 DROP SETS)
CABLE PULLOVERS - 2XFAILURE (PRE EXHAUSTION)
PENDLAY ROW - 4X10
SUPERSET: INCLINE MACHINE PRESS - 4X12
MACHINE ROW - 4X10
WEIGHTED PUSHUPS - 4X12 (45LBS ON BACK)
T-BAR ROW - 4X8

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DAY ONE

COMPOUND MOVEMENTS

SQUAT 3X2 - 87.5% OF 1RM

BODYBUILDING MOVEMENTS

LEG EXTENSIONS - 4X12
HAMSTRING CURLS - 4X12
WALKING LUNGES - 3X15
LEG PRESS - 3X10 (SINGLE LEG)
SIDE LEG PRESS - 3X8 (SINGLE LEG)
CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 4X2 - 87.5% OF 1RM

CLOSE GRIP BENCH 3X8 - 50% OF 1RM

BODYBUILDING MOVEMENTS

FLAT DB BENCH - 3XFAILURE (3 DROP SETS)

FRENCH CURL - 4X12

INCLINE DUMBBELL CHEST FLY - 3X8

DIAMOND PUSHUPS - 4X12 (45LB PLATE ON BACK)

CABLE FLY - 2XFAILURE

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DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 3X2 - 87.5% OF 1RM

BODYBUILDING MOVEMENTS

V-BAR PULLUPS - 4X8
WIDE GRIP PULLDOWNS - 3X12
MACHINE HIGH ROW - 4X10
ROPE PULLOVERS - 3X12
STRAIGHT BAR CABLE CURLS - 4X10
INCLINE ALTERNATING DUMBBELL CURLS - 3X8

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 3X6 - 67.5% OF 1RM

BODYBUILDING MOVEMENTS

DB SHOULDER PRESS - 3XFAILURE (3 DROP SETS)
SUPERSET: ARNOLD PRESS - 4X8
LATERAL RAISES - 4X10
CABLE UPRIGHT ROW - 3X12
FACEPULLS - 4X12

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DAY FIVE

COMPOUND MOVEMENTS

SQUAT 3X5 - 60% OF 1RM

BODYBUILDING MOVEMENTS

ROMANIAN DEADLIFT - 3X10
DUMBBELL LUNGES - 4X12
HAMSTRING CURLS - 3X15
HACK SQUATS - 3X8
CALF RAISES - 3X20

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DAY SIX

COMPOUND MOVEMENTS

INCLINE BENCH 4X8 - 55% OF 1RM

BODYBUILDING MOVEMENTS

BARBELL ROWS - 4X8

SUPERSET: FLAT DB BENCH - 3X12

DB ROW - 3X8

CABLE FLY - 4X10

CLOSE GRIP PULLDOWNS - 3X12

CABLE PULLDOWNS - 4X10 (SINGLE ARM)

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DAY ONE

COMPOUND MOVEMENTS

SQUAT 1X1 - MAX OUT

BODYBUILDING MOVEMENTS

LEG EXTENSIONS - 1XFAILURE

LEG PRESS - 4X10

DUMBBELL RDL - 4X8

HAMSTRING CURLS - 4X12

CALF RAISES - 3X20

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DAY TWO

COMPOUND MOVEMENTS

BENCH 1X1 - MAX OUT

BODYBUILDING MOVEMENTS

DB SHOULDER PRESS - 3X10 (3 DROPSETS)

FULL FRONTAL RAISES - 4X12

SEATED LATERAL RAISES - 3X12

REVERSE GRIP DB PRESS - 4X10 (PALMS TO FACE)

FACE PULLS - 4X12

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DAY THREE

COMPOUND MOVEMENTS

DEADLIFT 1X1 - MAX OUT

BODYBUILDING MOVEMENTS

WIDE GRIP PULLDOWNS - 3X15

LANDMINE ROWS - 4X12 (SINGLE ARM)

INVERTED ROW - 3XFAILURE (BODYWEIGHT)

EZ BAR CURLS - 4X10

SPIDER CURLS - 3X12

CONCENTRATION CURLS - 4X8

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DAY FOUR

COMPOUND MOVEMENTS

BENCH 3X6 - 70% OF 1RM

BODYBUILDING MOVEMENTS

WEIGHTED DIPS - 3X12

SUPERSET: MACHINE CHEST PRESS - 4X10

PUSHUPS - 4X12

SEATED FRENCH CURL - 4X8

CABLE TRICEP EXTENSIONS - 3X12 (SINGLE ARM)

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DAY FIVE

COMPOUND MOVEMENTS

SQUAT 3X5 - 55% OF 1RM

BODYBUILDING MOVEMENTS

DUMBBELL RDL - 4X12

LEG PRESS - 4X10

LEG EXTENSIONS - 3X15

HAMSTRING CURLS - 3X15

GOBLET SQUATS - 4X8

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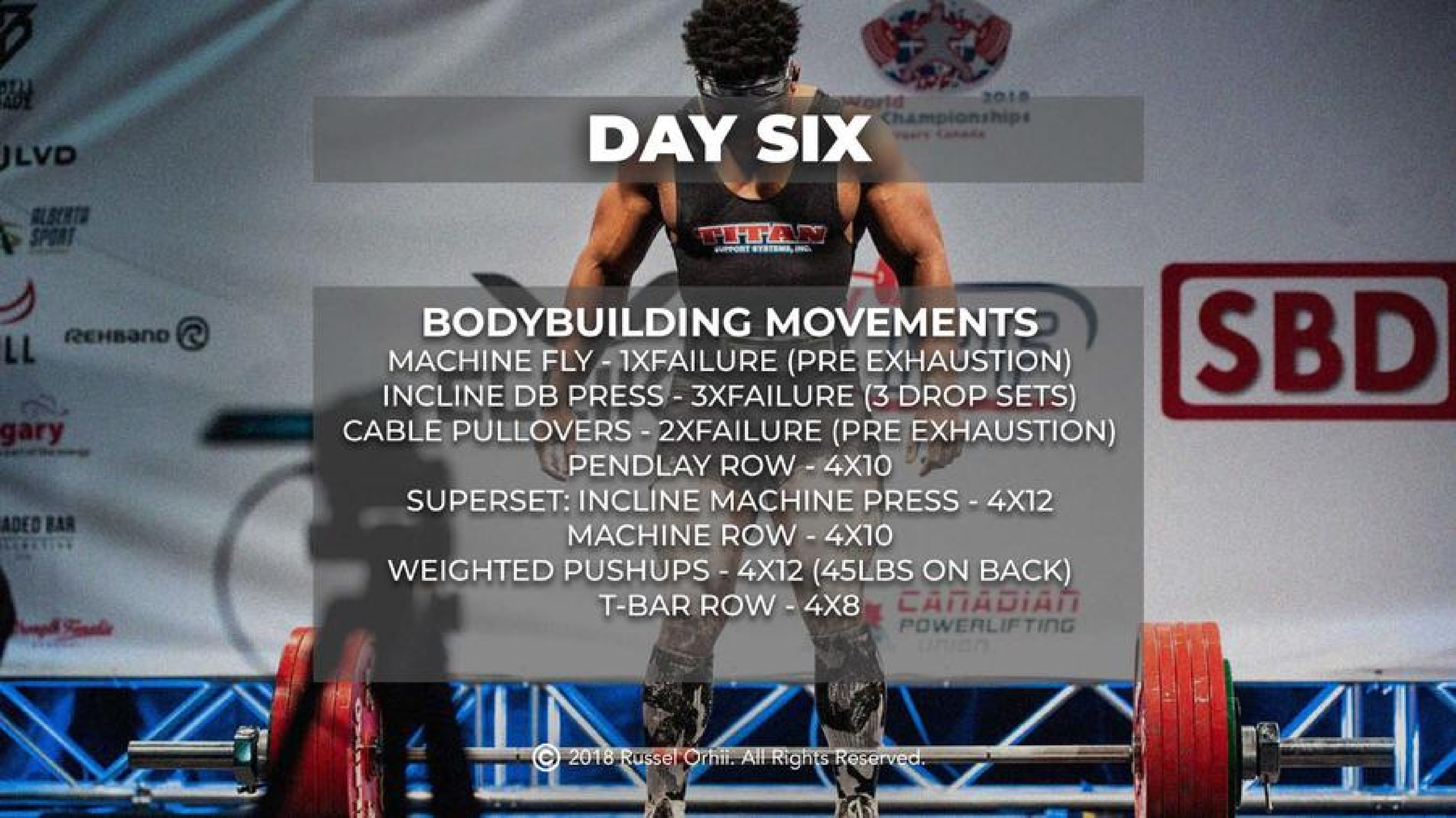

DAY SIX

BODYBUILDING MOVEMENTS

MACHINE FLY - 1XFAILURE (PRE EXHAUSTION)
INCLINE DB PRESS - 3XFAILURE (3 DROP SETS)
CABLE PULLOVERS - 2XFAILURE (PRE EXHAUSTION)
PENDLAY ROW - 4X10
SUPERSET: INCLINE MACHINE PRESS - 4X12
MACHINE ROW - 4X10
WEIGHTED PUSHUPS - 4X12 (45LBS ON BACK)
T-BAR ROW - 4X8

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